

Compassionate people, dedicated to care





#### Welcome to

### BRAEMAR COOINDA

Braemar Cooinda is part of the Hall & Prior Health & Aged Care Group: a family-owned organisation with a passion for providing quality aged care.

Our home is led by an experienced Executive Manager who works alongside a team of compassionate, dedicated professionals to ensure that you feel well cared for.

We provide each individual in our care with the support they need to continue enjoying meaningful and happy lives.

### A place TO CALL HOME

We welcome family to join in with activities, or catch up over a cup of tea in one of our lounges, gardens and patio areas.



Braemar Cooinda is a modern, two-level facility with a hotel-style ambience. Split over two levels, with convenient lift access between both floors, Braemar Cooinda offers stylish residential accommodation and provides quality care for up to 108 residents. This includes a 27-room specialist care service, designed to support individuals with high care needs.

Staying active and socialising is an important part of a healthy lifestyle. Our activity program is filled with a variety of therapies, events, exercise and crafts for you to participate in. The program changes each month, and includes activities such as bus trips, cooking, sing-alongs and concerts from visiting performers.

We also have a Wellness Clinic that runs three mornings a week; a program tailored for individual needs, and to improve exercise tolerance and functionality. This is run by our Physiotherapist and Therapy Assistants.

Shared spaces include large activity rooms, dining rooms, a communal TV room, a hairdresser and beautiful outdoor courtyards which offer seating among tranquil water features and plants.



# Care at BRAEMAR COOINDA

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It's our priority to ensure that you feel safe, secure and at home. For your peace of mind, we provide 24-hour care by registered nurses who are supported by a dedicated team of enrolled nurses and personal carers.

We have the expertise to assist with complex care requirements, and will always discuss your care requirements with you and your family.

Your general practitioner can visit you at Braemar Cooinda or you can choose to have your records transferred to one of our visiting general practitioners. Hall & Prior's occupational therapists, physiotherapists, speech pathologists and dieticians visit Braemar Cooinda regularly to support our residents' care, and visits from other health professionals such as podiatrists, dentists and opticians are arranged as required.





#### WHAT'S ON THE MENU?

Enjoying a variety of delicious, nutritionally balanced meals is an important part of maintaining good health.

Hall & Prior's dieticians and speech pathologists work closely with our kitchen team to provide meals that support our residents' clinical care without compromising on taste.

We offer a choice of hot and cold meals, cater for allergies and cultural requirements, and create a special menu for a theme day each month.

#### **HOW MUCH DOES IT COST?**

The cost of aged care is dependent on your circumstances and is different for everyone. The Government pays a supplement for residents who are assessed as eligible through a combined assets and income assessment: depending on your circumstances the Government may pay all, part or none of your care and accommodation costs.

You can find an explanation of the fees and your payment options on our website or ask our staff for more information. We will be happy to go through them with you and answer any questions you have.

#### **HOW DO I APPLY?**

Before you apply to live at Braemar Cooinda, you will need to be assessed as eligible for residential aged care by an Aged Care Assessment Team, or ACAT. ACAT Assessments are free and your doctor, health centre or local hospital can refer you to an ACAT near you. Please keep a copy of your assessment as you will need to give it to our Executive Manager before you can move in.

Once you are ready to apply, there are a number of forms that you will need to complete. Our staff are available to sit down with you and guide you through the application process if you like. Please feel free to ask us questions at any time.

# Moving and SETTLING IN

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Moving into an aged care home involves a lot of change for you and your family, and our staff are committed to supporting you during this time.

Your room will be furnished for you, and we encourage you to personalise your space with special photographs, paintings and soft furnishings to help you feel at home. There are television sets that you can watch in our common rooms, but you are welcome to bring your own television or radio if you wish.

Having someone to talk to who is knowledgeable and compassionate can make all the difference. Our Executive Manager is very approachable and is available to discuss your care or the care of your loved one with you at any time. We look forward to welcoming you to our home.



#### **BRAEMAR COOINDA**

31 Moorhouse Street, Willagee WA 6156

For further information or to arrange a visit, please contact Braemar Cooinda's Executive Manager:

T 08 6279 3628

E info@hallprior.com.au

W hallprior.com.au

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